2013 UMR "My Health Tools" Profile

Personal Benefit Account (PBA) City of Green Bay

Once you set up a profile under UMR's "My Health Tools", print off the **Welcome Page with your name and** send to City of Green Bay Wellness Coach (information at the bottom of the form). If you have any questions, please call the Wellness Coach at (920) 448-3101. Information on how to log on to UMR's "My Health Tools" can be found on at http://greenbaywi.gov/humanresources/benefits/personal-benefit-account-pba

		UMR. Log Out
Home Programs H	ealth Record Messages Health Education Library Profile	
UMR's MyHealthTools provides you with online resources to help you take a pro-active approach to improving your overall health. You have the ability to take an assessment, participate in online interactive health coaching, track your medical history, and more!	Welcome Your Name Here The UMR Wellness Tools provide an online wellness program designed to improve your overall health and reward you for making healthy choices. Use the "To Do" list, to the right, to guide you through your program. Questions? Click here to read the FAQ (frequently asked questions) and helpful responses. Health and Wellness Program status You must complete program activities by Dec-31-2013. To assist in managing your health complete your on-line CHRA. Utilize the Action Plans for a more comprehensive and targeted approach.	To Do Health and Wellness Start your HRA Complete the next step in your Financial Wellness action plan
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 □ DPW □ Fire □ Park/Rec/F □ Police □ Transit □ Water □ All Other 	Forestry	
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eturn completed for	rm to the City Wellness Coach:	Date entered on spreadsheet:

100 N. Jefferson St. Room 500. Green Bay, WI 54301-5006

Or fax to: 920-448-3128 ATTN: Wellness Coach Please retain a copy of this form for your records.